

## **WHAT IS SELF ESTEEM?**

Self esteem refers to the beliefs a person has about his/her own worth. It comes from our actions, thoughts and feelings, as well as how we view past and present life experiences.



## **WHY IS SELF ESTEEM SO IMPORTANT?**

Self esteem plays an important role in our lives. The way we see ourselves affects our sense of identity; contributes to our mental well-being; and influences our expectations, motivation and actions. Having a positive self esteem is very important for one's personal, professional and social development.

## **Alexandria Community Services Board**

- 24-hour emergency crisis intervention services
- 24-hour detoxification services
- Evaluation and assessment
- Individual, family and group counseling
- Day support and vocational services
- Residential services
- Inpatient services
- Prevention and early intervention services
- Service fees are based on ability to pay or without charge
- Multi-language availability

*The Alexandria Community Services Board is a group of 16 citizen volunteers appointed by Alexandria's City Council. The CSB oversees the city's publicly funded services for mental health, mental retardation and substance abuse.*

*It is a CSB policy not to discriminate in the admission to its programs and activities on the basis of race, color, sex, handicap, religion or national or ethnic origins. Programs and activities are accessible to people with physically handicapping conditions. If you require accommodations please call (703) 838-4455 or TDD (703) 838-5054.*



## **Self Esteem: Feeling Better About Yourself**



Offering mental health, mental retardation and substance abuse services for the City of Alexandria.



**(703) 838-6400**

**24 hours a day**

**TDD: (703) 838-5054**

**[www.ci.alexandria.va.us/mhmrsa/](http://www.ci.alexandria.va.us/mhmrsa/)**

### ***SOME OF THE EFFECTS OF LOW SELF ESTEEM:***

- Distorted vision of self and others
- Lack of self confidence
- Staying in abusive situations
- Poor health
- Problems making decisions
- High stress
- Difficult relationships
- Not reaching your true potential

### ***WITH INCREASED SELF ESTEEM, YOU CAN:***

- Be the person you want to be
- Enjoy your relationships
- Offer more of yourself to the world
- Make healthy choices
- Have confidence
- Be understanding
- Develop personally, professionally and socially



***THINK  
POSITIVELY  
ABOUT  
YOURSELF: YOU  
DESERVE IT!***

### ***SOME WAYS TO BUILD POSITIVE SELF ESTEEM:***

- **Be Positive** - Have an "I can do it", "Let's move forward" attitude.
- **Stop** - Stop negative thoughts and replace them with positive ones.
- **Be Credible** - Be honest with yourself about your feelings, thoughts and actions.
- **Accept** - Identify and accept your strengths as well as your challenges.
- **Organize** - Set and meet realistic goals that address your personal challenges.
- **Celebrate** - Honor yourself for your accomplishments, whether they are big or small.
- **Be Patient** - When you have a hard time reaching your goals, simply re-evaluate and try again.
- **Get Help** - Ask for and accept help.
- **Contribute** - Sincerely give of yourself to others by being honest and helpful.
- **Honor** - Don't try to be someone else. Be proud of who you are.
- **Act** - How we perform in the world affects our outlook. You have control over how you perform.
- **Practice** - Practice the above suggestions, this is how we grow.

### ***SOMETHINGS ADULTS CAN SAY TO INCREASE CHILDREN'S SELF ESTEEM:***

- That's very good
- Awesome!
- Excellent
- That's the way to do it
- Wow!
- Keep up the good work
- You make it seem so easy
- I knew you could do it
- You are doing wonderfully
- I am proud of you
- I like how you pay attention
- You really work hard
- I love you

### ***HINTS TO HELP OTHERS FEEL BETTER ABOUT THEMSELVES:***

- Truly listen, think twice and breathe before you speak
- Don't give advice, instead speak from your personal experience
- Be encouraging
- Let others help you
- Maintain an open heart
- Take responsibility for your actions
- Be reliable
- Be lovingly honest
- Treat others as you would like to be treated